

Nutrition Facts

Serving Size 1/3 cup (30 g)

Servings Per Container: 76

Amount Per Serving

Calories 389 Calories from Fat 0

% Daily Value*

Total Fat 6.9g **0%**

Saturated Fat 1.2g **0%**

Trans Fat 1.2g

Monosaturated 2.178g **0%**

Polyunsaturated 2.535g **0%**

Cholesterol 0mg **0%**

Sodium 2mg **0%**

Potassium 429mg

Phosphorous 523mg

Total Carbohydrate 103g **34%**

Dietary Fiber 10.6g

Sugars 1g

Soluble Fiber 4g

Insoluble Fiber 6.1g

Ash 1.77g

Protein 16.89mg **3%**

Vitamin A 0% • Vitamin C 0%

Calcium 54% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g